Good For Your Soul ❤ Food ❤ Cookbook

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Healthy Substitutions

Instead of This	Use This
Whole milk or 2% milk	Fat-free skim milk or low fat milk
½ cup of butter, lard, shortening, or oil (when baking)	3 ripe mashed bananas
1 cup of butter, lard, shortening, or oil (when baking)	1 cup applesauce
Refined grains	Whole wheat
Canned vegetables	Frozen vegetables, low sodium canned vegetables
Prepared seasonings, salt	Herbs, spices, salt-free seasoning
Whole milk in sauces	Thicken sauces with evaporated non-fat milk
Processed meats high in saturated fat like hot dogs, bacon and salami	Lean cuts of beef and pork, cuts with “loin” or “round”
Frying	Bake, broil, roast, or stew
Higher fat cheeses like whole milk mozzarella cheese	Lower fat cheese options like part-skim mozzarella cheese
Full fat yogurt	Low fat or fat free yogurt
One whole egg	Two egg whites

Other Possible Substitutions

Ingredient	Size	Substitution
Arrowroot starch	1 tsp	1 tbsp flour OR 1 tsp cornstarch
Baking powder	1 tsp	¼ tsp baking soda plus ½ tsp cream of tartar OR ¼ tsp baking soda plus ½ cup buttermilk (decrease liquid by ½ cup)
Beer	1 cup	1 cup nonalcoholic beer or chicken broth
Brandy	¼ cup	1 tsp imitation brandy extract plus enough water to make ¼ cup
Bread crumbs	1 cup	1 cup cracker crumbs, matzo meal, or ground oats
Broth-beef or chicken	1 cup	1 bouillon cube plus 1 cup boiling water OR 1 tbsp soy sauce plus enough water to make 1 cup OR 1 cup vegetable broth
Brown sugar	1 cup, packed	1 cup white sugar plus ¼ cup molasses (decrease liquid by ¼ cup) OR 1 cup white sugar OR 1 ¼ cups confectioners' sugar
Buttermilk	1 cup	1 cup yogurt OR 1 tbsp lemon juice or vinegar plus enough milk to make 1 cup
Cheddar cheese, shredded	1 cup	1 cup shredded Colby or Monterey Jack cheese
Chervil-fresh, chopped	1 tbsp	1 tbsp chopped fresh parsley
Chicken base	1 tbsp	1 cup canned or homemade chicken broth or stock. (decrease liquid by 1 cup)
Chocolate chips-semisweet	1 cup	1 cup chocolate candies, other flavored chips, chopped nuts, or dried fruit

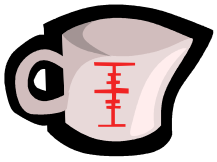
Ingredient	Size	Substitution
Chocolate-semisweet	1 oz	1 (1oz) square of unsweetened chocolate plus 4 tsp sugar OR 1oz semisweet chocolate chips plus 1 tsp shortening
Chocolate-unsweetened	1 oz	3 tbsp unsweetened cocoa plus 1 tbsp shortening or vegetable oil
Cocoa	¼ cup	1 (1oz) square unsweetened chocolate
Condensed cream of mushroom soup	1 (10.75 oz) can	1 (10.75oz) can condensed cream of celery, cream of chicken, or golden mushroom soup
Corn syrup	1 cup	1 ¼ cup white sugar plus ⅓ cup water OR 1 cup honey
Cottage cheese	1 cup	1 cup farmer's cheese or ricotta cheese
Cracker crumbs	1 cup	1 cup bread crumbs, matzo meal, or ground oats
Cream-half and half	1 cup	7/8 cup milk plus 1 tbsp butter
Cream-heavy	1 cup	1 cup evaporated milk OR ¾ cup milk plus ⅓ cup butter
Cream-light	1 cup	1 cup evaporated milk OR ¾ cup milk plus 3 tbsp butter
Cream-whipped	1 cup	1 cup frozen whipped topping, thawed
Cream cheese	1 cup	1 cup pureed cottage cheese OR 1 cup plain yogurt, strained overnight in a cheesecloth
Cream of tartar	1 tsp	2 tsp lemon juice or vinegar
Egg	1 whole (3 tbsp or 1.7 oz)	2 ½ tbsp of powdered egg substitute plus 2 ½ tbsp water OR ¼ cup liquid egg substitute OR ¼ cup silken tofu pureed OR 3 tbsp mayonnaise OR half a banana mashed with ½ tsp baking powder OR 1 tbsp powdered flax seed soaked in 3 tbsp water
Evaporated milk	1 cup	1 cup light cream
Fats for baking	1 cup	1 cup applesauce or fruit puree
Flour-bread	1 cup	1 cup all-purpose flour plus 1 tsp wheat gluten

Ingredient	Size	Substitution
Flour-cake	1 cup	1 cup all-purpose flour minus 2 tbsp
Flour-self-rising	1 cup	7/8 cup all-purpose flour plus 1 ½ tsp baking powder and ½ tsp of salt
Garlic	1 clove	⅛ tsp garlic powder OR ½ tsp granulated garlic OR ½ tsp garlic salt-reduce salt in recipe
Gelatin, granulated	1 tbsp	2 tsp agar-agar
Ginger-dry	1 tsp	2 tsp chopped fresh ginger
Ginger-fresh, minced	1 tsp	½ tsp ground dried ginger
Green onion, chopped	½ cup	½ cup chopped onion, leek, or shallots
Hazelnuts, whole	1 cup	1 cup macadamia nuts or almonds
Herbs-fresh, chopped	1 tbsp	1 tsp (chopped or whole leaf) dried herbs
Herring	8 oz	8oz of sardines
Honey	1 cup	1 ¼ cup white sugar plus ⅓ cup water OR 1 cup corn syrup
Hot pepper sauce	1 tsp	¾ tsp cayenne pepper plus 1 tsp vinegar
Ketchup	1 cup	1 cup tomato sauce plus 1 tsp vinegar plus 1 tbsp sugar
Lard	1 cup	1 cup shortening or butter OR 7/8 cup vegetable oil
Lemon grass-fresh	2 stalks	1 tbsp lemon zest
Lemon juice	1 tsp	½ tsp vinegar OR 1 tsp white wine OR 1 tsp lime juice
Lemon zest	1 tsp	½ tsp lemon extract OR 2 tbsp lemon juice
Lime juice	1 tsp	1 tsp vinegar, white wine, or lemon juice

Ingredient	Size	Substitution
Lime zest	1 tsp	1 tsp lemon zest
Macadamia nuts	1 cup	1 cup almonds or hazelnuts
Mace	1 tsp	1 tsp nutmeg
Margarine	1 cup	1 cup shortening plus ½ tsp salt OR 1 cup butter OR 7/8 cup vegetable oil plus ½ tsp salt OR 7/8 cup lard plus ½ tsp salt
Mayonnaise	1 cup	1 cup sour cream or plain yogurt
Milk-whole	1 cup	1 cup soy or rice milk OR 1 cup water or juice OR ¼ cup dry milk powder plus 1 cup water OR ⅔ cup evaporated milk plus ⅓ cup water
Mint-fresh, chopped	¼ cup	1 tbsp dried mint leaves
Molasses	1 cup	Mix ¾ cup brown sugar and 1 tsp cream of tartar
Mustard-prepared	1 tbsp	Mix together 1 tbsp dried mustard, 1 tsp water, 1 tsp vinegar and 1 tsp sugar
Onion, chopped	1 cup	1 cup chopped green onions, shallots, or leeks OR ¼ cup dried minced onion or onion powder
Orange juice	1 tbsp	1 tbsp other citrus juice
Orange zest	1 tbsp	½ tsp orange extract or 1 tsp lemon juice
Parmesan cheese, grated	½ cup	½ cup grated Asiago or Romano cheese
Parsley-fresh, chopped	1 tbsp	1 tbsp chopped fresh chervil OR 1 tsp dried parsley
Pepperoni	1 oz	1 oz salami
Raisin	1 cup	1 cup dried currants, cranberries or pitted prunes
Rice-white, cooked	1 cup	1 cup cooked barley, bulgur, brown rice, or wild rice
Ricotta	1 cup	1 cup dry cottage cheese or silken tofu
Rum	1 tbsp	½ tsp rum extract, plus enough water to make 1 tbsp
Saffron	¼ tsp	¼ tsp turmeric

Ingredient	Size	Substitution
Salami	1 oz	1oz pepperoni
Shallots, chopped	½ cup	½ cup chopped onion, leek, or green onion
Shortening	1 cup	1 cup butter OR 1 cup margarine minus ½ tsp salt from recipe
Sour cream	1 cup	1 cup plain yogurt OR 1 tbsp lemon juice or vinegar plus enough cream to make 1 cup OR ¾ cup buttermilk mixed with ⅓ cup butter
Sour milk	1 cup	1 tbsp vinegar or lemon juice mixed with enough milk to make 1 cup: Let stand 5 minutes to thicken
Soy sauce	½ cup	4 tbsp Worcestershire sauce mixed with 1 tbsp water
Stock-beef or chicken	1 cup	1 cube beef or chicken bouillon dissolved in 1 cup water
Sweetened condensed milk	1 (14 oz) can	¾ cup white sugar mixed with ½ cup water and 1 ⅛ cups dry powdered milk: Bring to a boil and cook, stirring frequently, until thickened, about 20 minutes
Vegetable oil-for baking	1 cup	1 cup applesauce or fruit puree
Vegetable oil-for frying	1 cup	1 cup lard or vegetable shortening
Vinegar	1 tsp	1 tsp lemon or lime juice OR 2 tsp white wine
White sugar	1 cup	1 cup brown sugar OR 1 ¼ cups confectioners' sugar OR ¾ cup honey or corn syrup
Wine	1 cup	1 cup chicken or beef broth OR 1 cup fruit juice mixed with 2 tsp vinegar OR 1 cup water
Yeast-active dry	1 (.25 oz) package	1 cake compressed yeast OR 2 ½ tsp active dry yeast OR 2 ½ tsp rapid rise yeast
Yogurt	1 cup	1 cup sour cream, buttermilk or sour milk

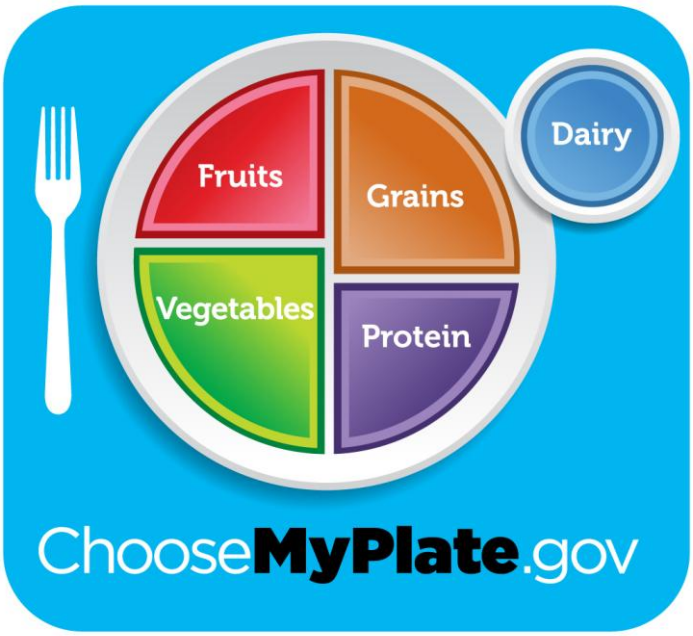
Abbreviations(s)	What It Stands For
tsp or t	teaspoon
tbsp or T	tablespoon
c or C	cup
min	minute (60 seconds)
hr	hour (60 minutes)
doz	dozen
pk	peck
bu	bushel
oz or OZ	ounce
lb or #	pound
kg	kilogram
gm	gram
mg	milligram
pt	pint
qt	quart
gal	gallon
ml or mL	milliliter
l or L	liter

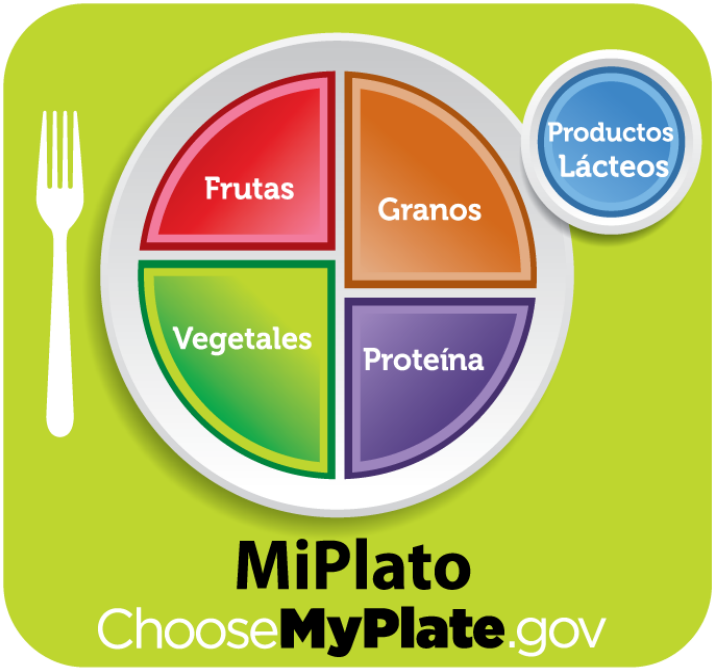


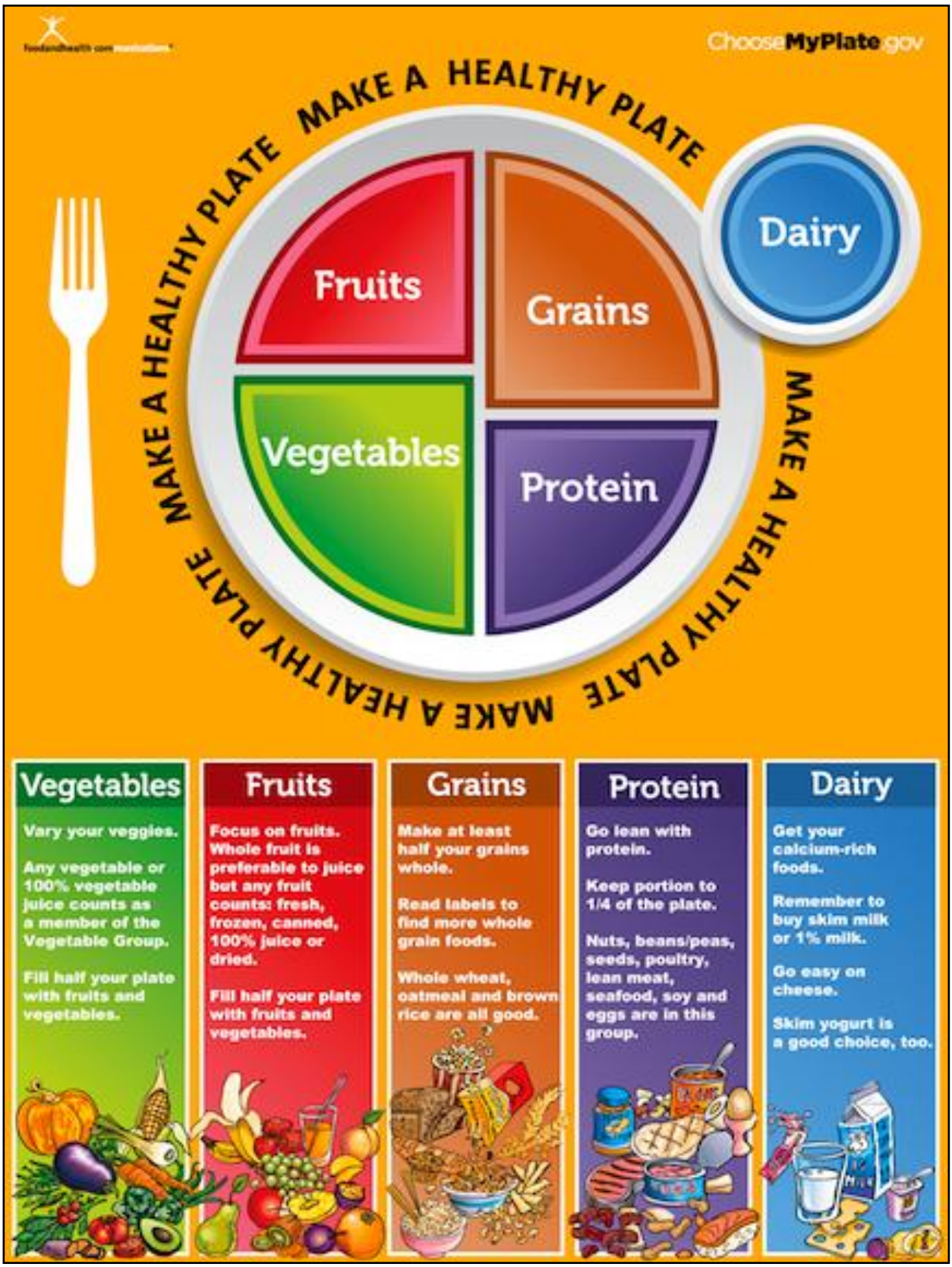
This Measurement	Equals This Measurement
3 tsp	1 tbsp
4 tbsp	¼ cup
5 tbsp + 1 tsp	⅓ cup
8 tbsp	½ cup
1 jigger	1 ½ fluid ounces
1 cup	½ pint or 8 fluid ounces
2 cups	1 pint or 16 fluid ounces
2 pints	1 quart or 32 fluid ounces
4 quarts	1 gallon
16 ounces	1 pound
Dash or pinch	less than ⅛ of a teaspoon
8 quarts	1 peck
4 pecks	1 bushel

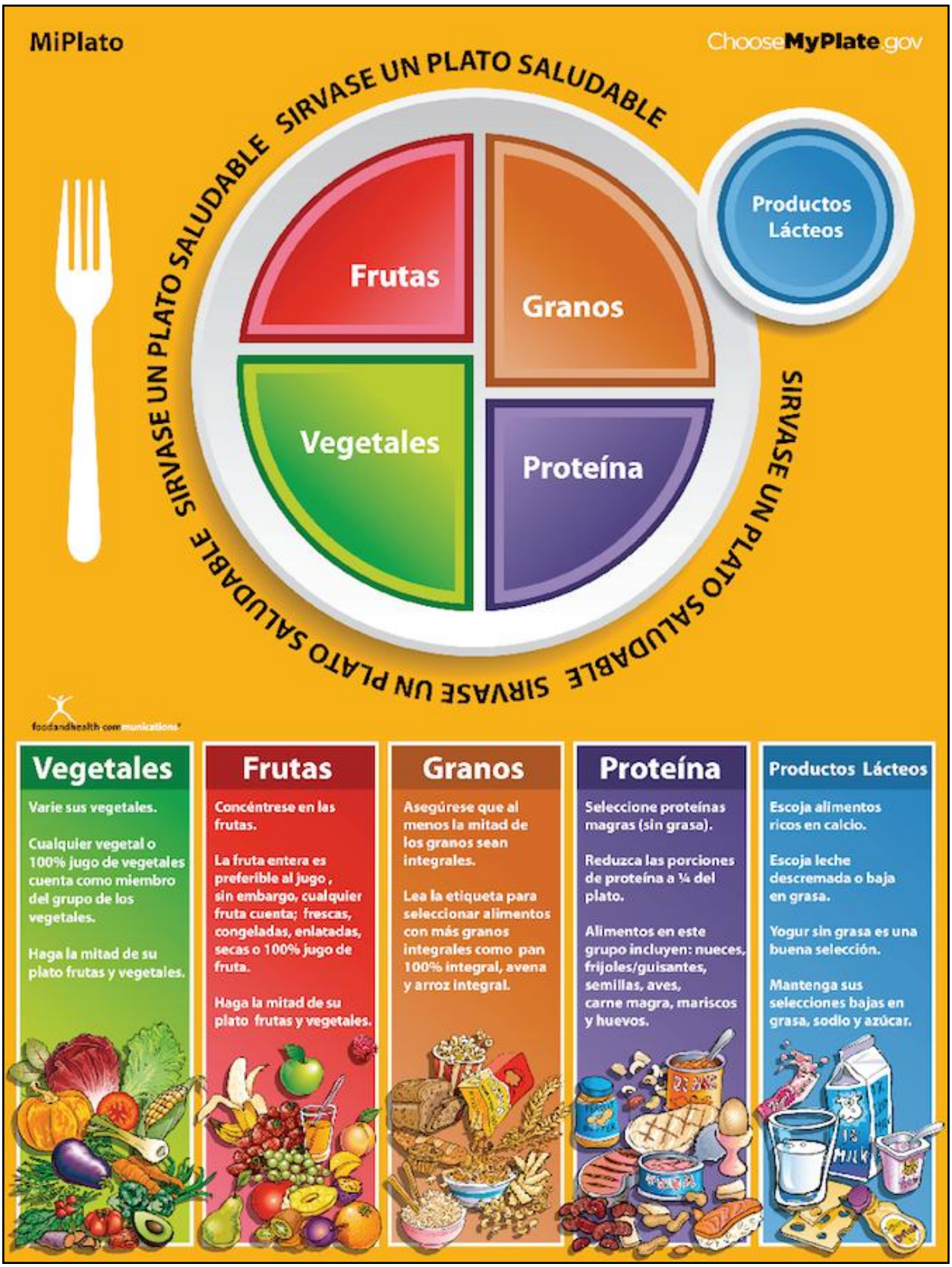
MyPlate

MyPlate is the food icon to show individuals what a healthy plate should look like. The categories on the plate include: fruits, vegetables, grains, protein, and dairy. Half of our plate should be fruits and vegetables while the other half is divided into grains and protein. Grains include breads, cereals, pastas, and rice. Proteins include meats, poultry, fish, tofu, nuts, and beans. Dairy includes milk, yogurt and cheese.






ChooseMyPlate.gov
MAKE A HEALTHY PLATE
MAKE A HEALTHY PLATE
MAKE A HEALTHY PLATE
MAKE A HEALTHY PLATE
Fruits
Grains
Dairy
Vegetables
Protein
Vegetables
Vary your veggies.
Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group.
Fill half your plate with fruits and vegetables.
Fruits
Focus on fruits. Whole fruit is preferable to juice but any fruit counts: fresh, frozen, canned, 100% juice or dried.
Fill half your plate with fruits and vegetables.
Grains
Make at least half your grains whole.
Read labels to find more whole grain foods.
Whole wheat, oatmeal and brown rice are all good.
Protein
Go lean with protein.
Keep portion to 1/4 of the plate.
Nuts, beans/peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.
Dairy
Get your calcium-rich foods.
Remember to buy skim milk or 1% milk.
Go easy on cheese.
Skim yogurt is a good choice, too.


MiPlato
ChooseMyPlate.gov
SIRVASE UN PLATO SALUDABLE
Frutas
Granos
Vegetales
Proteína
Productos Lácteos
foodandhealth communications
Vegetales
Varie sus vegetales.
Cualquier vegetal o 100% jugo de vegetales cuenta como miembro del grupo de los vegetales.
Haga la mitad de su plato frutas y vegetales.
Frutas
Concéntrese en las frutas.
La fruta entera es preferible al jugo , sin embargo, cualquier fruta cuenta; frescas, congeladas, enlatadas, secas o 100% jugo de fruta.
Haga la mitad de su plato frutas y vegetales.
Granos
Asegúrese que al menos la mitad de los granos sean integrales.
Lea la etiqueta para seleccionar alimentos con más granos integrales como pan 100% integral, avena y arroz integral.
Proteína
Seleccione proteínas magras (sin grasa).
Reduzca las porciones de proteína a ¼ del plato.
Alimentos en este grupo incluyen: nueces, frijoles/guisantes, semillas, aves, carne magra, mariscos y huevos.
Productos Lácteos
Escoja alimentos ricos en calcio.
Escoja leche descremada o baja en grasa.
Yogur sin grasa es una buena selección.
Mantenga sus selecciones bajas en grasa, sodio y azúcar.
1%
MILK

Sodium Cutting Tips

- Don’t use instant products or mixes that contain salt
- Don’t have the salt shaker on the table
- Use as little salt in cooking as possible
- Prepare foods at home so you know how much salt is in your meals
- Season foods with lemon or lime juice, peppers, onions, garlic, spices, and herbs
- Replace salt with herbs when cooking

Other Everyday Healthy Eating Tips

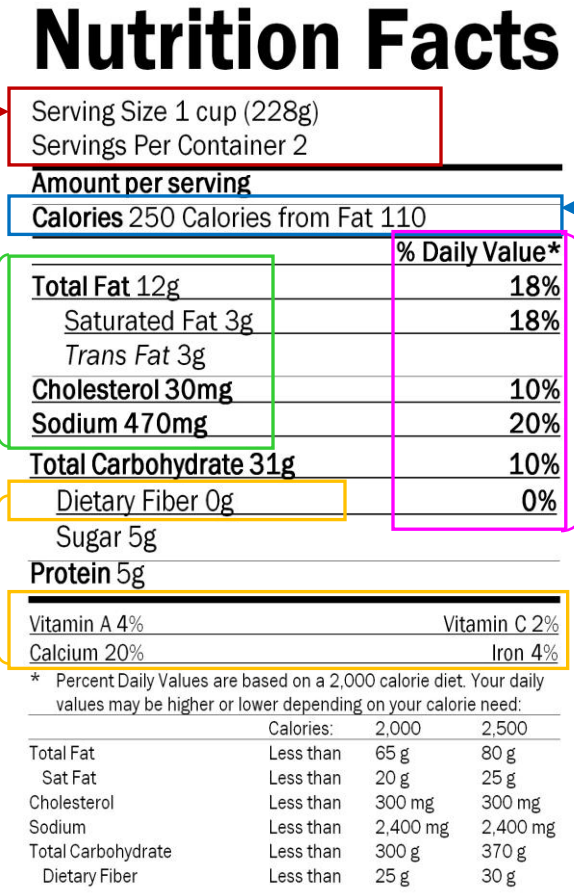
- Drain the fat off of cooked, ground meat
- Eat fish regularly
- Limit consumption of cookies, crackers, pies, muffins, doughnuts, cakes, and French fries. These foods contain trans fats which is bad for your body.
- Use oils such as canola, olive, vegetable, and soybean in recipes and for sautéing
- Make salad dressing with olive, canola or vegetable oils.
- Use noncaloric sweeteners in drinks and when baking
- Try nonfat or low fat salad dressings
- Trim all fat from meat before cooking it and also remove the skin from chicken or turkey
- If you are deep frying, make sure the oil temperature is high and that you don’t put too much food in at once, which causes the food to absorb oil instead of instantly searing.

Reading a Nutrition Label

Start Here
Check the size of a single serving & how many servings are in the package

Limit These
- Saturated fat less than 20g/day
- Trans fat less than 2g/day
- Cholesterol less than 300mg/day
- Sodium/salt less than 2000mg/day

Get Enough of These
- Dietary fiber at least 20-35g/day (14g for every 1000 calories that you eat)
- Vitamins & Minerals: 100%



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount per serving

Calories 250 Calories from Fat 110

	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 3g	**18%**
Trans Fat 3g	
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugar 5g	
Protein 5g	

Vitamin A 4%	Vitamin C 2%
Calcium 20%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie need:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate	Less than	300 g	370 g
Dietary Fiber	Less than	25 g	30 g

Check These!
If you eat double the servings, you double the calories & nutrients

Use These as a Guide
It tells you the % of each nutrient in a single serving.
* Want to consume less of a nutrient (saturated fat, cholesterol, sodium), choose food with a lower %DV, 5% or less is low.
* Want to consume more of a nutrient (fiber), choose foods with a higher %DV, 20% or more is high.

Wholesome Breads

Cornbread

Yield: 12 servings
Serving size: 2 inch square

Nutrition Facts

Serving Size 2" square of cornbread, 1/12 of recipe (54g)
Servings Per Container

Amount Per Serving

Calories 140	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 140mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%
Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

1 cup	cornmeal
1 cup	flour (all purpose)
2 tbsp	sugar
1 tbsp	baking powder
1	egg
¼ cup	vegetable oil
1 cup	skim-milk

Instructions

1. Heat oven to 425 degrees. Grease 8 or 9 inch square pan.
2. Measure cornmeal, flour, sugar, and baking powder into a large mixing bowl. Stir to combine ingredients.
3. Crack egg into a small bowl and beat with a fork to combine.
4. Add egg, oil, and milk to flour mixture. Mix until ingredients are well blended.
5. Pour batter into prepared pan.
6. Bake 20 to 25 minutes, until firm to touch or wooden pick inserted in the center comes out clean.

*Modify it: Buttermilk (Use only 2 tsp baking powder and add ¼ tsp baking soda. Use 1 cup buttermilk for the skim milk); Whole wheat (Use ½ cup all purpose flour and ½ cup whole wheat flour); Extra corny (Add 1 cup kernels with the milk); Cheesy (Add ½ cup shredded cheddar cheese with the milk); Muffins (Pour batter into prepared muffin cups. Bake 20 minutes at 400 degrees)

Source: Cornell Cooperative Extension, Division of Nutritional Sciences, Cooking Up Fun Muffins & More

NOTES

Cornmeal Pancakes

Yield: 20 servings
Serving size: 1 pancake

Nutrition Facts

Serving Size 1 pancake, 1/20 of recipe (53g)
Servings Per Container

Amount Per Serving

Calories 80	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 200mg	**8%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 2g	

Vitamin A 2% • Vitamin C 0%
Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

2 cups	cornmeal
1 tsp	baking powder
½ tsp	baking soda
1 tsp	salt
1 tsp	sugar
2 tbsp	margarine or butter
1 cup	evaporated milk
1 tbsp	vinegar
1	egg

Instructions

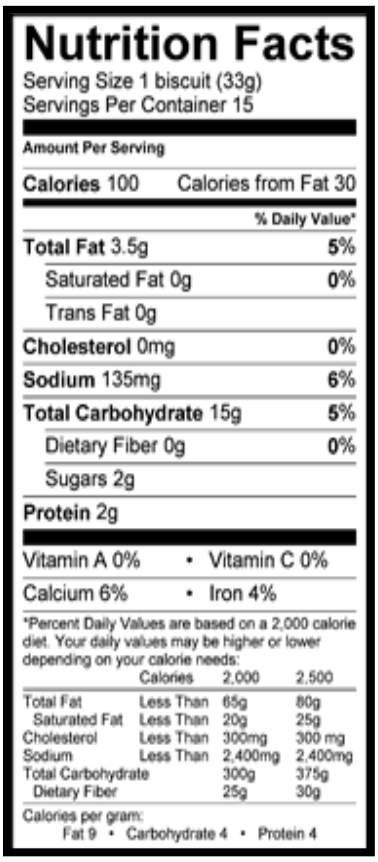
1. Mix cornmeal, baking powder, baking soda, salt, and sugar
2. Add margarine or butter to cornmeal mixture. Bring water to a boil. Measure 1¾ cups boiling water and add to cornmeal mixture. Beat until well mixed.
3. Pore evaporated milk into a small bowl and add the vinegar. Stir milk and vinegar mixture into cornmeal mixture. Beat to mix well. Beat in egg.
4. Heat griddle or fry pan. Pan is hot when a drop of water "dances." Grease pan lightly.
5. Pour batter onto griddle or fry pan. Use about 3 tbsp of batter for each pancake. Cook until top is covered with bubbles and the bottom is brown. Loosen edges of each pancake all around. Turn pancakes over and brown other side.

Source: USDA Consumer and Marketing Service, Smart Shopper Recipe Food Trades Staff

NOTES

Homestyle Biscuits

Yield: 15 servings
Serving size: 1 biscuit



Nutrition Facts

Serving Size 1 biscuit (33g)
Servings Per Container 15

Amount Per Serving

Calories 100 — Calories from Fat 30

	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 135mg	**6%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 0g	**0%**
Sugars 2g	
Protein 2g	

Vitamin A 0% • Vitamin C 0%
Calcium 6% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

2 cups	flour (all purpose)
2 tsp	baking powder
¼ tsp	baking soda
¼ tsp	salt
2 tbsp	sugar
⅔ cup	buttermilk (low-fat)
3 tbsp	vegetable oil

Instructions

1. Preheat oven to 450 degrees.
2. In medium bowl, combine flour, baking powder, baking soda, salt, and sugar.
3. In small bowl, stir together buttermilk and oil.
4. Pour over flour mixture and stir until well mixed.
5. On lightly floured surface knead dough gently for 10–12 strokes.
6. Roll or pat dough to ¾-inch thickness.
7. Cut with a 2-inch round biscuit or cookie cutter, dipping cookie cutter in flour between cuts.
8. Transfer biscuits to an ungreased baking sheet.
9. Bake for 12 minutes or until golden brown. Serve warm.

Source: US Department of Health and Human Services National Institutes of Health, National Heart, Lung and Blood Institute, Heart Healthy Home Cooking: African American Style

NOTES

Soul-Healthy Cornbread

Yield: 12 servings
Serving size: 1/12 of recipe

Nutrition Facts

Serving Size 1 2x2 2/3" piece, 1/12 of recipe (76g)
Servings Per Container

Amount Per Serving

Calories 160	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 220mg	**9%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 1g	**4%**
Sugars 11g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%
Calcium 8% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

1 cup	cornmeal
1 cup	all purpose flour
½ cup	sugar
2 tsp	baking powder
½ tsp	salt
1 cup	low-fat buttermilk
½ cup	applesauce, unsweetened
½ cup	egg whites
2 tbsp	vegetable oil

Instructions

1. Preheat oven to 400 degrees. Lightly spray an 8 inch square pan with vegetable oil cooking spray.
2. Mix dry ingredients in a medium-sized mixing bowl.
3. Add the rest of the ingredients and mix well by hand.
4. Pour the batter into the sprayed pan and shake to make it level.
5. Bake until a toothpick inserted in the center comes out clean, about 25 minutes. Allow to cool, then cut into 12 squares.

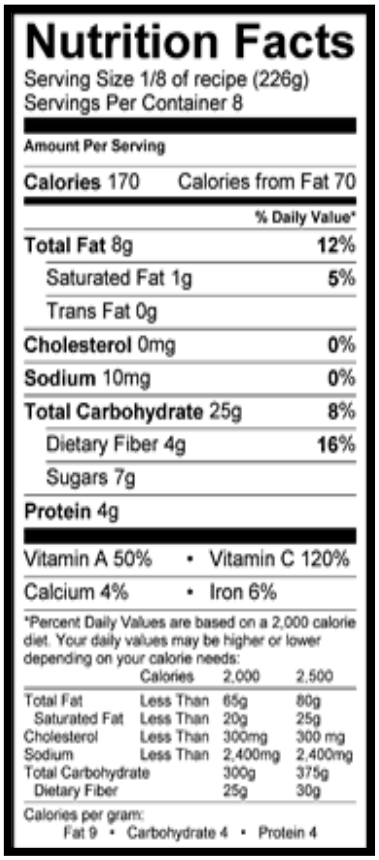
Source: Food and Health Communications, Inc., Cooking Demo II, p.166

NOTES

Vegetables & Sides

Autumn Vegetable Succotash

Yield: 8 servings
Serving size: ⅛ of a recipe



Nutrition Facts

Serving Size 1/8 of recipe (226g)
Servings Per Container 8

Amount Per Serving

Calories 170	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 10mg	**0%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 4g	**16%**
Sugars 7g	
Protein 4g	

Vitamin A 50% • Vitamin C 120%
Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

¼ cup	olive oil
1 cup	onion (diced)
2	garlic cloves (finely chopped)
2 cups	bell pepper (red, diced)
2 cups	zucchini (diced)
2 cups	summer squash (yellow, diced)
3 cups	lima beans (frozen)
3 cups	corn kernels (frozen)
2 tbsp	sage (fresh, coarsely chopped)

Instructions

1. In a skillet over medium-high heat, add oil
2. Add onion; cook until translucent (2 minutes). Add garlic, bell peppers, zucchini, squash, lima beans, and corn.
3. Season as desired; cook, stirring, until vegetables are tender (about 10 minutes). Stir in sage and serve.

Source: Centers for Disease Control and Prevention, More Matters Recipes

NOTES

Baked Beans

Yield: 6 servings
Serving size: 1/6 of a recipe

Nutrition Facts

Serving Size 1/6 recipe (244g)
Servings Per Container 6

Amount Per Serving

Calories 260	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 620mg	**26%**
Total Carbohydrate 53g	**18%**
Dietary Fiber 8g	**32%**
Sugars 19g	
Protein 11g	

Vitamin A 4% • Vitamin C 8%
Calcium 10% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

1½ cup	navy, kidney or lima beans (dry, sorted and rinsed)
2 cups	water
2 cups	apple juice
1 tsp	salt
2 tbsp	molasses
½ cup	ketchup
2 tsp	vinegar
1 tsp	mustard, dried

Instructions

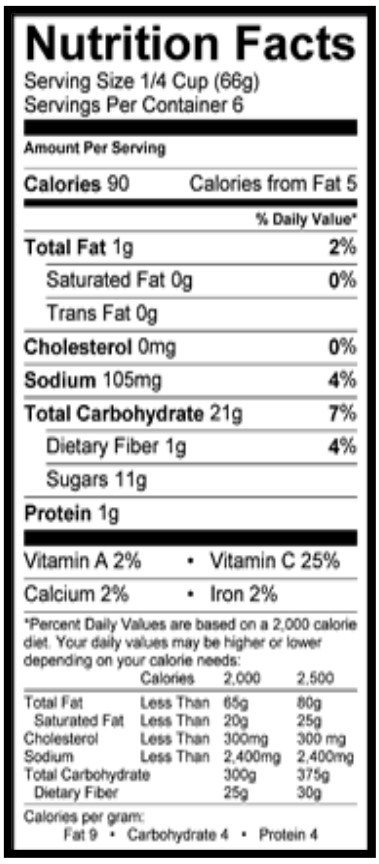
1. Combine apple juice and water. Bring to a boil.
2. Add beans and simmer for 2½ hours until beans are tender.
3. Drain beans, reserve the liquid.
4. Put beans and other ingredients in greased baking dish.
5. Cover and bake at 250 degrees for 3 to 4 hours.
6. Uncover the last hour of baking and add some reserved liquid if beans become dry.

Source: Washington State WIC Program, The Bold and Beautiful Book of Bean Recipes

NOTES

Candied Yams

Yield: 6 servings
Serving size: ¼ cup



Nutrition Facts

Serving Size 1/4 Cup (66g)
Servings Per Container 6

Amount Per Serving

Calories 90	Calories from Fat 5
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 105mg	**4%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 1g	**4%**
Sugars 11g	
Protein 1g	

Vitamin A 2% • Vitamin C 25%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

1½ cup	yams
¼ cup	brown sugar (packed)
1 tsp	flour (sifted)
¼ tsp	salt
¼ tsp	cinnamon (ground)
¼ tsp	orange peel
1 tsp	tub margarine (soft, unsalted)
½ cup	orange juice

Instructions

1. Preheat oven to 350 degrees.
2. Cut yams in half and boil until tender but firm (about 20 minutes). When cool enough to handle peel and slice into ¼ inch thickness.
3. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.
4. Place half of sliced yams in medium-sized casserole dish. Sprinkle with spiced sugar mixture.
5. Dot with half the amount of margarine.
6. Add second layer of yams, using the rest of the ingredients in the order above. Add orange juice.
7. Bake uncovered for 20 minutes.

Source: US Department of Health and Human Services National Institutes of Health, National Heart, Lung and Blood Institute, Heart Healthy Home Cooking: African American Style.

NOTES

Classic Macaroni and Cheese

Yield: 8 servings
Serving size: ½ cups

Ingredients

2 cups	macaroni
½ cup	onion (chopped)
½ cup	evaporated milk, nonfat
1	egg (medium, beaten)
¼ tsp	black pepper
1¼ cup	shredded low fat sharp cheddar
	cooking oil spray

Instructions

1. Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside.
2. Spray a casserole dish with nonstick cooking oil spray.
3. Preheat oven to 350 degrees.
4. Lightly spray saucepan with nonstick cooking oil spray.
5. Add onions to saucepan and sauté for about 3 minutes.
6. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly.
7. Transfer mixture into casserole dish.
8. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Source: National Heart, Lung and Blood Institute (NHLBI), Heart Healthy Home Cooking African American Style

NOTES

Coleslaw

Yield: 4 servings
Serving size: ¾ cup

Nutrition Facts

Serving Size 3/4 cup coleslaw, 1/4 of recipe (72g)
Servings Per Container

Amount Per Serving

Calories 40	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 5mg	**0%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 1g	**4%**
Sugars 7g	
Protein 1g	

Vitamin A 2% • Vitamin C 20%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

2 cups	cabbage (shredded)
¼ cup	cider vinegar
¼ cup	water
2 tbsp	sugar
½ tsp	mustard
¼ tsp	black pepper

Instructions

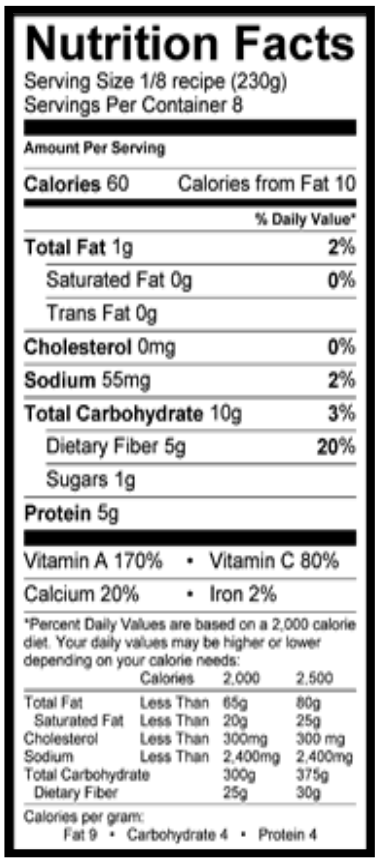
1. Wash and shred the cabbage with a knife or grater. Put in a mixing bowl.
2. Bring the vinegar and water to a boil in the saucepan. Remove from heat and add other ingredients except cabbage to the saucepan.
3. Continue to cook this mixture in the saucepan until the sugar is dissolved and hot, and then pour over the shredded cabbage.
4. Toss. Refrigerate until chilled to blend flavors.

Source: Michigan State University Cooperative Extension Service, Eating Right is Basic Nutrition Education Program

NOTES

Collard Greens

Yield: 8 servings
Serving size: ⅛ of recipe



Nutrition Facts

Serving Size 1/8 recipe (230g)
Servings Per Container 8

Amount Per Serving

Calories 60	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 55mg	**2%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 5g	**20%**
Sugars 1g	
Protein 5g	

Vitamin A 170% • Vitamin C 80%
Calcium 20% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

4 pounds	collard greens (may also use kale, turnip greens, spinach, chard or a mixture)
3 cups	chicken broth (low-sodium)
2	onion (medium, chopped)
3	garlic clove (crushed)
1 tsp	red pepper flakes

Instructions

1. Wash and cut collard greens.
2. Place in a large stock pot; add all other ingredients and enough water to cover.
3. Simmer over medium heat until tender, about 3 ½ hours. Stir occasionally.

Source: Tara Caulder, Soaad Ali, and Laide Bello (Supervised by Dr. Mira Mehta and Terri Kieckhefer), Healthy Cookbook for African American Populations

NOTES

Fruit Coleslaw

Yield: 6 servings
Serving size: 1/6 of recipe

Nutrition Facts

Serving Size 1/6 of recipe (243g)
Servings Per Container 6

Amount Per Serving

Calories 170	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 250mg	**10%**
Total Carbohydrate 42g	**14%**
Dietary Fiber 3g	**12%**
Sugars 34g	
Protein 3g	

Vitamin A 6% • Vitamin C 90%
Calcium 10% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

½ head of	cabbage (shredded 2 quarts)
1 can	fruit cocktail (16oz, juice packed, drained)
1 cup	non-fat plain yogurt
1	lemon, juiced (2 to 3 tbsp juice)
½ cup	honey
¼ cup	vinegar
½ tsp	salt
⅛ tsp	pepper

Instructions

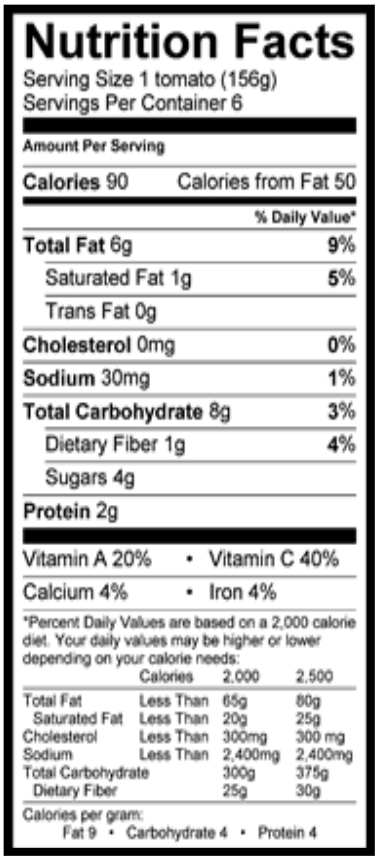
1. Shred cabbage.
2. Combine yogurt, lemon juice, honey, vinegar, salt and pepper.
3. Toss dressing with shredded cabbage and fruit cocktail.

Source: University of Vermont, Extension, Making It Fit: Piecing Together Your Food Needs

NOTES

Roasted Tomatoes and Herbs

Yield: 6 servings
Serving size: 1 tomato



Nutrition Facts

Serving Size 1 tomato (156g)
Servings Per Container 6

Amount Per Serving

Calories 90	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 30mg	**1%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 1g	**4%**
Sugars 4g	
Protein 2g	

Vitamin A 20% • Vitamin C 40%
Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

	cooking oil spray, as needed
6	tomatoes (washed)
2 tbsp	olive oil (or canola oil)
½ tsp	pepper
1 tbsp	dried parsley
1 tbsp	garlic (minced)
2 tbsp	parmesan cheese

Instructions

1. Preheat oven to 425 degrees.
2. Spray a large baking sheet with cooking oil spray.
3. Cut each tomato in half. Place tomatoes on the sheet, cut side up.
4. Drizzle tomatoes with ½ of the oil and season with pepper.
5. Cook for 30 minutes, or until tomatoes are beginning to brown on the bottom.
6. Mix the remaining oil, parsley, garlic, and cheese in a small bowl.
7. Remove tomatoes from the oven and sprinkle the herb mixture over the tomatoes.
8. Return to oven for another 10 minutes, or until spices begin to brown.

Source: Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

NOTES

Seared Greens

Yield: 6 servings
Serving size: 1 cup

Nutrition Facts

Serving Size 1 cup, 1/6 of recipe (165g)
Servings Per Container

Amount Per Serving

Calories 100	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 4g	

Vitamin A 350% • Vitamin C 230%
Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

1½ pounds	kale or collard greens
2 tbsp	vegetable oil or olive oil
4	garlic cloves (chopped)
1 cup	water
¼ tsp	salt
1 tsp	black pepper
2 tbsp	vinegar, cider

Instructions

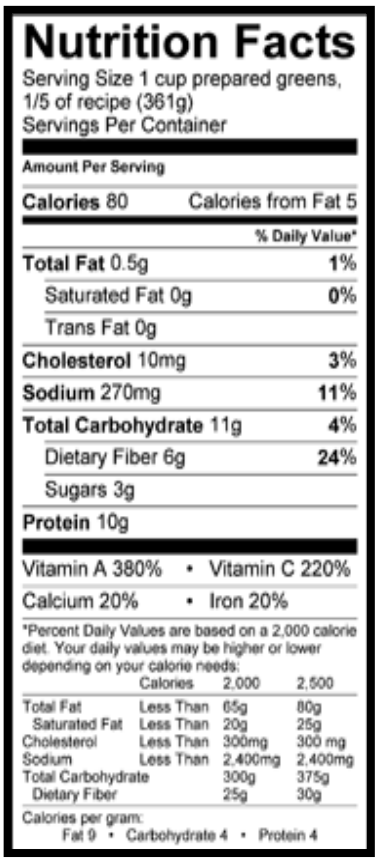
1. Clean the greens thoroughly and cut stems away. Dry and tear into salad pieces or slice across leaf into ½ inch pieces.
2. In a large deep pot or skillet with a cover, sauté garlic in oil. Add greens in pan with 1 cup water.
3. Cover pan and steam for 4 minutes.
4. Uncover, stir constantly until greens shrink. Add salt and pepper and continue to stir until mixture is thoroughly wet.
5. Sprinkle cider vinegar on mixture. Cover.
6. Turn off heat. Let stand until ready to serve.

Source: USDA, Team Nutrition, Food Family Fun

NOTES

Smothered Greens

Yield: 5 servings
Serving size: 1 cup



Nutrition Facts

Serving Size 1 cup prepared greens, 1/5 of recipe (361g)
Servings Per Container

Amount Per Serving

Calories 80	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 270mg	**11%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 6g	**24%**
Sugars 3g	
Protein 10g	

Vitamin A 380% • Vitamin C 220%
Calcium 20% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

3 cups	water
¼ pound	turkey breast, smoked, skinless
1 tbsp	hot pepper (freshly chopped)
¼ tsp	cayenne pepper
¼ tsp	cloves (ground)
2	garlic cloves (crushed)
1/2 tsp	thyme
1	scallion stalk (chopped)
1 tsp	ginger (ground)
¼ cup	onion (chopped)
2 pounds	mustard greens, or turnip, collard, kale, or mixture

Instructions

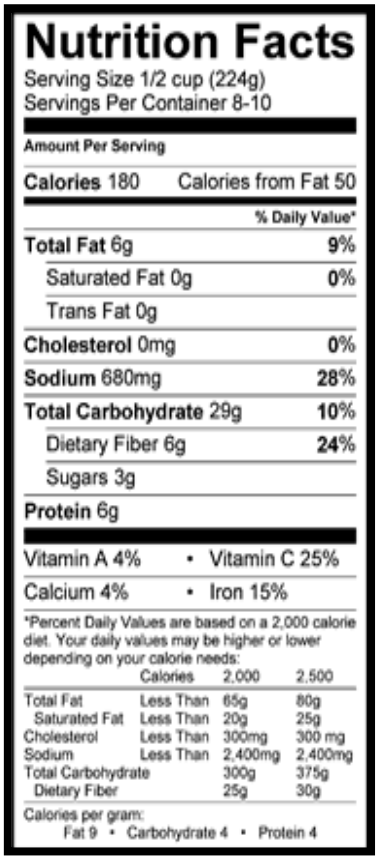
1. Place all ingredients except greens into large saucepan and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice leaves into bite-size pieces.
4. Add greens to turkey stock.
5. Cook 20 to 30 minutes until tender.

Source: National Heart, Lung and Blood Institute (NHLBI), Heart Healthy Home Cooking African American Style

NOTES

South of the Border Salad

Yield: 9 servings
Serving size: 1/9 of recipe



Nutrition Facts

Serving Size 1/2 cup (224g)
Servings Per Container 8-10

Amount Per Serving

Calories 180 Calories from Fat 50

	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 680mg	**28%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 6g	**24%**
Sugars 3g	
Protein 6g	

Vitamin A 4% • Vitamin C 25%
Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

2 cans	corn (15.2oz each, drained and rinsed)
2 cans	black beans (15.5oz each, drained and rinsed)
1 can	diced tomatoes with green chilies (14.5oz)
1	onion (small, chopped)
Dressing Ingredients	
3 tbsp	olive oil (or canola oil)
⅓ cup	lemon or lime juice
½ tsp	black pepper
1 tsp	ground cumin (optional)

Instructions

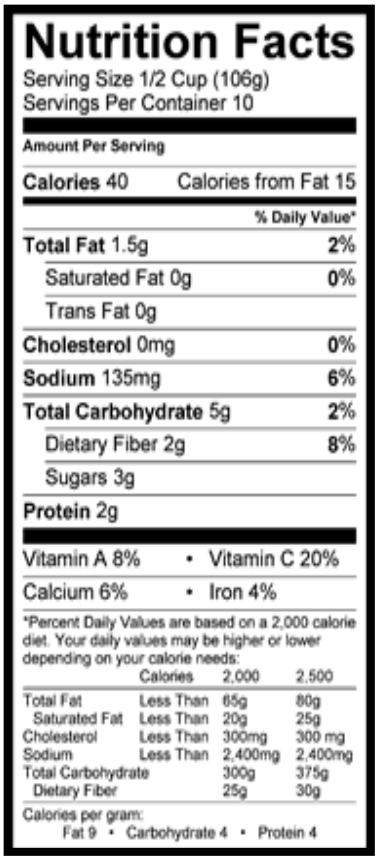
1. Mix the salad ingredients in a large bowl.
2. Mix the dressing ingredients in a small bowl.
3. Pour dressing over corn mixture and mix well.
4. Cover and refrigerate for at least 2 hours.

Source: Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

NOTES

Spicy Okra

Yield: 10 servings
Serving size: ½ cup



Nutrition Facts

Serving Size 1/2 Cup (106g)
Servings Per Container 10

Amount Per Serving

Calories 40	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 135mg	**6%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 2g	

Vitamin A 8% • Vitamin C 20%
Calcium 6% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

20oz	frozen cut okra
1 tbsp	vegetable oil
1	onion (medium, coarsely chopped)
1 can	tomatoes (14.5oz, diced, unsalted)
1	jalapeno pepper (fresh, or habanero chili, pierced 3 times with fork)
½ tsp	salt
¼ tsp	black pepper

Instructions

1. Rinse okra in a colander under hot water.
2. Heat oil in a 10-inch heavy skillet over moderately high heat. Sauté onion for about 3 minutes.
3. Add tomatoes (including juice) and chili, and boil. Stir the mixture for 8 minutes.
4. Add okra and cook, gently stirring until okra is tender about 5 minutes.
5. Stir in salt and pepper and discard the jalapeno or chili.

Source: US Department of Health and Human Services National Institutes of Health National Heart, Lung and Blood Institute, Heart Healthy Home Cooking: African American Style

NOTES

Spinach, Tomatoes, and Corn

Yield: 5 servings
Serving size: 1/5 of recipe

Nutrition Facts

Serving Size 1/5 recipe (408g)
Servings Per Container 5

Amount Per Serving

Calories 130 Calories from Fat 30

	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 360mg	**15%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 5g	**20%**
Sugars 5g	
Protein 5g	

Vitamin A 180% • Vitamin C 50%
Calcium 10% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

1 can	spinach (15.5oz, unsalted)
1 can	diced tomatoes (14.5oz, unsalted)
1 can	corn (15.2oz, drained)
3 cups	water
1 tbsp	margarine

Instructions

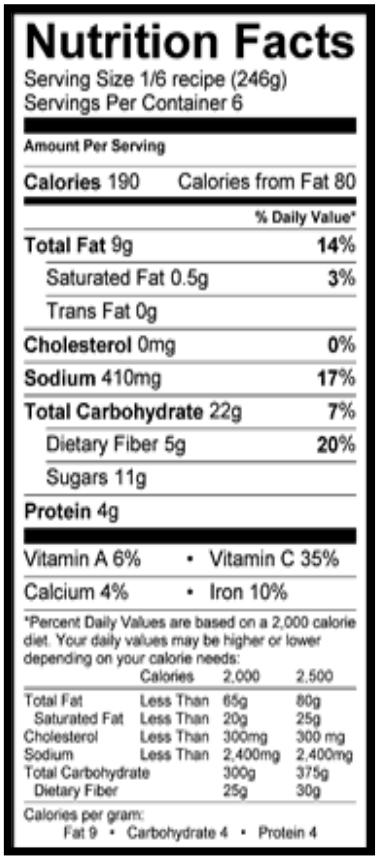
1. Place all ingredients in a saucepan. Cover.
2. Heat thoroughly, about 10 minutes. Add seasonings to taste.

Source: USDA Food and Nutrition Service, Creative Recipes For Less Familiar USDA Commodities Used by Household Programs.

NOTES

Three Bean Salad

Yield: 6 servings
Serving size: 1/6 of recipe



Nutrition Facts

Serving Size 1/6 recipe (246g)
Servings Per Container 6

Amount Per Serving

Calories 190	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 410mg	**17%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 5g	**20%**
Sugars 11g	
Protein 4g	

Vitamin A 6% • Vitamin C 35%
Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

1 cup	kidney beans, cooked
1 cup	green beans (cut, canned or cooked)
2 cups	yellow wax beans (canned or cooked)
1	green pepper (diced)
⅔ cup	onion (thinly sliced)
½ cup	celery (thinly sliced)
2	garlic cloves (whole)
½ cup	wine vinegar
¼ cup	oil
¼ cup	sugar
¼ tsp	oregano
1 tsp	salt
¼ tsp	pepper

Instructions

1. Mix beans, vegetables and garlic cloves in a large bowl.
2. Mix vinegar, oil, and sugar in a saucepan. Heat until sugar dissolves. Cool slightly.
3. Stir seasonings into vinegar mixture. Pour over vegetables. Toss lightly. Chill overnight.
4. Remove garlic before serving.

Source: Washington State WIC Program, The Bold and Beautiful Book of Bean Recipes

NOTES

Savory Meats

20-Minute Chicken Creole

Yield: 8 servings
Serving size: 1 cup

Nutrition Facts

Serving Size 1 cup (170g)
Servings Per Container 8

Amount Per Serving

Calories 130	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 260mg	**11%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 1g	**4%**
Sugars 7g	
Protein 9g	

Vitamin A 8% • Vitamin C 50%
Calcium 6% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

1 tbsp	vegetable oil
2	chicken breasts (skinless, boneless)
1 can	diced tomatoes (14 ½oz., with juice)
1 cup	chili sauce (low sodium)
1	green pepper (chopped, large)
2	celery ribs (chopped)
1	onion (chopped, small)
2	garlic cloves (minced)
1 tsp	dried basil
1 tsp	parsley (dried)
¼ tsp	cayenne pepper
¼ tsp	salt

Instructions

1. Heat pan over medium-high heat.
2. Add vegetable oil and chicken and cook until no longer pink when cut (3-5 minutes).
3. Reduce heat to medium.
4. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, cayenne pepper, and salt.
5. Bring to a boil; reduce heat to low and simmer, covered for 10-15 minutes.
6. Serve over hot, cooked rice or whole wheat pasta.
7. Refrigerate leftovers within 2-3 hours.

Source: Oregon State University Cooperative Extension Service

NOTES

Baked Pork Chops

Yield: 6 servings
Serving size: 1/6 of a recipe

Nutrition Facts

Serving Size 1 pork chop or 1/6 of recipe (113g)
Servings Per Container

Amount Per Serving

Calories 160	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 150mg	**6%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 17g	

Vitamin A 8% • Vitamin C 60%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

6	pork chops (lean center-cut, ½-inch thick)
1	onion (medium, thinly sliced)
½ cup	green pepper (chopped)
½ cup	red pepper (chopped)
⅛ tsp	black pepper
¼ tsp	salt

Instructions

1. Preheat oven to 375 degrees.
2. Trim fat from pork chops. Place chops in a 13x9-inch baking pan.
3. Spread onion and peppers on top of chops. Sprinkle with pepper and salt. Refrigerate for 1 hour.
4. Cover pan and bake 30 minutes.
5. Uncover, turn chops, and continue baking for an additional 15 minutes or until no pink remains. Garnish with fresh parsley.

Source: National Heart, Lung and Blood Institute (NHLBI), Heart Healthy Home Cooking African American Style, p.21

NOTES

Catfish Stew and Rice

Yield: 4 servings
Serving size: 1 cup stew with ½ cup rice

Nutrition Facts

Serving Size 1 cup of stew with 1/2 cup of rice (635g)
Servings Per Container 4

Amount Per Serving

Calories 380	Calories from Fat 70
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 370mg	**15%**
Total Carbohydrate 59g	**20%**
Dietary Fiber 7g	**28%**
Sugars 6g	
Protein 22g	

Vitamin A 20% • Vitamin C 120%
Calcium 15% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

2	potatoes, peeled & quartered
1 can	tomatoes, cut up (14.5 oz)
1 cup	onion (chopped)
1 cup	clam juice (8-oz bottle, or water)
1 cup	water
2	garlic cloves (minced)
½ head	cabbage (coarsely chopped)
1 pound	catfish fillets
1	green onion (sliced, as needed)
1½ tbsp	chili and spice seasoning (below)
2 cups	rice (brown or white, cooked)

Chili and Spice Seasoning
¼ cup paprika
2 tbsp dried oregano, crushed
2 tsp chili powder
1 tsp garlic powder
1 tsp black pepper
½ tsp red (cayenne) pepper
½ tsp dry mustard
Mix together. Store in airtight container.

Instructions

1. In large pot, combine potatoes, tomatoes and their juice, onion, clam juice, water, and garlic. Bring to boil and reduce heat. Cook covered over medium-low heat for 10 min.
2. Add cabbage and return to boil. Reduce heat. Cook covered over medium-low heat for 5 minutes, stirring occasionally.
3. Cut fish into 2in length, coat with seasoning
4. Add fish to vegetables. Reduce heat and simmer covered for 5 minutes or until fish flakes easily with fork.
5. Garnish with sliced green onion, if desired and serve with rice

Source: US Department of Health and Human Services, A Healthier You: Based on the Dietary

NOTES

Crispy Oven-Fried Chicken

Yield: 6 servings
Serving size: ½ breast or 2 small drumsticks

Nutrition Facts

Serving Size 1/2 breast or 2 small drumsticks, 1/6 of recipe (151g)
Servings Per Container

Amount Per Serving

Calories 180	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 80mg	**27%**
Sodium 135mg	**6%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 1g	**4%**
Sugars 3g	
Protein 28g	

Vitamin A 8% • Vitamin C 8%
Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

½ cup	nonfat milk (or buttermilk)
1 tsp	poultry seasoning
1 cup	cornflakes, crumbled
1½ tbsp	onion powder
1½ tbsp	garlic powder
2 tsp	black pepper
2 tsp	hot pepper (dried crushed)
1 tsp	ginger (ground)
8	chicken pieces, skinless (4 breasts and 4 drumsticks)
	paprika (a few shakes of)
2 tsp	black pepper

Instructions

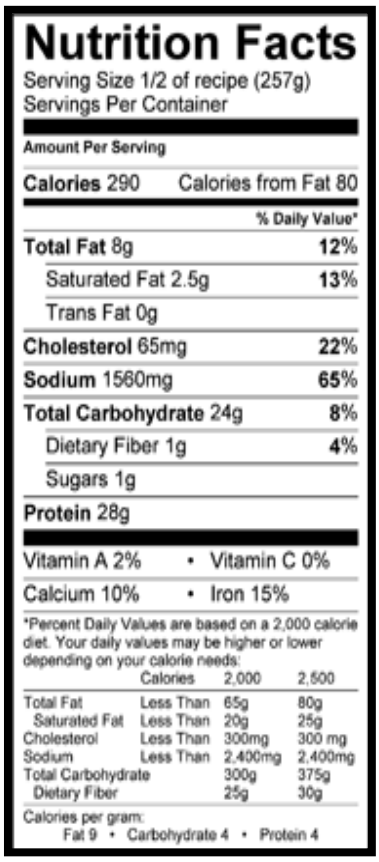
1. Preheat oven to 350 degrees.
2. Add ½ tsp of poultry seasoning to milk. Combine all other spices with cornflake crumbs and place in a plastic bag.
3. Wash chicken and pat dry. Dip chicken into milk, shake to remove excess, then shake in bag with seasoning and crumbs.
4. Refrigerate for 1 hour. Remove from refrigerator and sprinkle lightly with paprika. Evenly space chicken on greased pan.
5. Cover with aluminum foil and bake for 40 minutes.
6. Remove foil and continue baking for an additional 30 to 40 minutes. (Don't turn chicken during baking.)

Source: National Heart, Lung and Blood Institute (NHLBI), Heart Healthy Home Cooking

NOTES

Easy Chicken and Dumplings

Yield: 2 servings
Serving size: ½ of recipe



Nutrition Facts

Serving Size 1/2 of recipe (257g)
Servings Per Container

Amount Per Serving

Calories 290	Calories from Fat 80
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 65mg	**22%**
Sodium 1560mg	**65%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 28g	

Vitamin A 2% • Vitamin C 0%
Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

2 tbsp	flour (all purpose)
2 tbsp	water
1 cup	chicken broth
1 cup	chicken, cooked and diced
¼ tsp	salt
1 dash	black pepper
Dumplings:	
⅓ cup	flour (all purpose)
½ tsp	baking powder
¼ tsp	salt
2 tbsp	non-fat milk

Instructions

1. Mix 2 tablespoons flour and water in a pan until smooth.
2. Slowly stir in broth.
3. Cook over medium heat until thickened.
4. Add chicken, salt and pepper.

Make Dumplings:

5. Combine 1/3 cup flour, baking powder, and salt in a small bowl. Stir in milk until dough forms.
6. Drop dumpling dough from a tablespoon onto gently boiling chicken mixture, making 4 dumplings.
7. Cover pan tightly and cook slowly for 15 minutes without lifting the lid.

Source: University of Illinois, Extension Service, Wellness Ways Resource Book

NOTES

Orange Pork Chops

Yield: 2 servings
Serving size: 1 chop

Nutrition Facts

Serving Size 1 prepared pork chop, 1/2 of recipe (180g)
Servings Per Container

Amount Per Serving

Calories 270 Calories from Fat 100

	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 65mg	**22%**
Sodium 85mg	**4%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 3g	**12%**
Sugars 6g	
Protein 25g	

Vitamin A 190% • Vitamin C 30%
Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

2	pork chops
1	sweet potato (peeled)
½	orange (sliced)
1 dash	cinnamon
1 dash	salt
1 dash	black pepper

Instructions

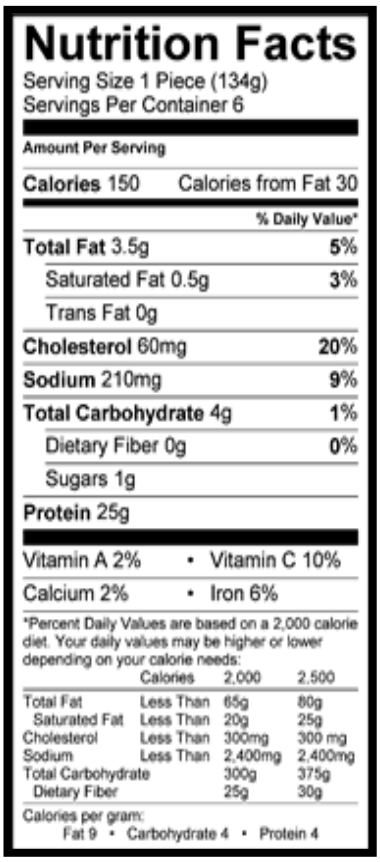
1. Preheat oven to 350 degrees.
2. In a medium skillet, brown pork chops in a small amount of oil.
3. Cut sweet potato into ½-inch slices.
4. Place meat and sweet potato slices in a baking dish and top with orange slices; sprinkle with seasonings.
5. Cover and bake for 1 hour until meat is tender.

Source: Utah State University Cooperative Extension, Simply Seniors Cookbook Utah Family Nutrition Program

NOTES

Oven-Fried Fish

Yield: 6 servings
Serving size: 1 piece



Nutrition Facts

Serving Size 1 Piece (134g)
Servings Per Container 6

Amount Per Serving

Calories 150	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 210mg	**9%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 25g	

Vitamin A 2% • Vitamin C 10%
Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

2 pounds	fish fillets
1 tbsp	lemon juice (fresh)
¼ cup	buttermilk (low fat)
1 tsp	garlic (fresh, minced)
⅛ tsp	hot sauce
¼ tsp	white pepper (ground)
¼ tsp	salt
¼ tsp	onion powder
½ cup	cornflakes, crumbled (or regular bread crumbs)
1 tbsp	vegetable oil
1	lemon (fresh, cut in wedges)

Instructions

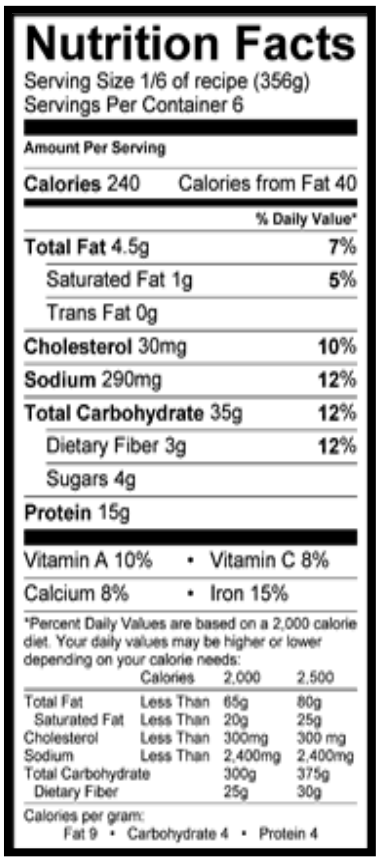
1. Preheat oven to 475 degrees.
2. Rinse fish. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot sauce, and garlic.
4. Combine pepper, salt, and onion powder with crumbs.
5. Let fillets sit briefly in milk. Remove and coat fillets on both sides with seasoned crumbs.
6. Arrange on lightly oiled shallow baking dish.
7. Bake for 20 minutes on middle rack without turning.
8. Serve with fresh lemon.

Source: US Department of Health and Human Services National Institutes of Health, National Heart, Lung and Blood Institute, Heart Healthy Home Cooking: African American Style

NOTES

Quick Tuna Casserole

Yield: 6 servings
Serving size: 1/6 of recipe



Nutrition Facts

Serving Size 1/6 of recipe (356g)
Servings Per Container 6

Amount Per Serving

Calories 240 Calories from Fat 40

	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 290mg	12%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 15g	

Vitamin A 10% • Vitamin C 8%
Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

4 cups	water
5oz	egg noodles (wide)
10oz	cream of mushroom soup (low-sodium)
⅓ cup	skim milk
1 can	tuna (6.5oz, in water, drained)
1 cup	green peas (frozen)
1 cup	bread crumbs (fresh)

Instructions

1. Preheat oven to 350 degrees.
2. Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes.
3. Then cover the pot, remove from heat and let stand for 10 minutes.
4. In the meantime, mix the soup and milk together in a bowl.
5. Combine tuna and peas with the mixture and pour into a 1-quart casserole dish.
6. Drain the noodles well and combine with the tuna mixture.
7. Sprinkle the top with bread crumbs.
8. Bake for 30 minutes.

Source: Tara Caulder, Soaad Ali, and Laide Bello (Supervised by Dr. Mira Mehta and Terri Kieckhefer), Healthy Cookbook for African American Populations

NOTES

Slow-Cook Barbecue

Yield: 5 servings
Serving size: 1/5 of recipe

Nutrition Facts

Serving Size 1/5 of recipe (136g)
Servings Per Container

Amount Per Serving

Calories 310 Calories from Fat 150

	% Daily Value*
Total Fat 17g	**26%**
Saturated Fat 7g	**35%**
Trans Fat 0g	
Cholesterol 70mg	**23%**
Sodium 390mg	**16%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 0g	**0%**
Sugars 9g	
Protein 27g	

Vitamin A 10% • Vitamin C 10%
Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

1½ pound	chuck steak (boneless, 1½ inches thick)
1	garlic clove (peeled and minced)
¼ cup	white vinegar
1 tbsp	brown sugar
2 tbsp	Worcestershire-sauce
½ cup	ketchup
1 tsp	salt (optional)
1 tsp	dry or prepared mustard
¼ tsp	black pepper

Instructions

1. Cut the beef on a diagonal, across the grain into slices 1 inch wide and place in a slow cooker.
2. Combine the remaining ingredients and pour over the meat.
3. Mix the meat and sauce together.
4. Cover and cook on low for 3 to 5 hours.
5. Serve on toasted hamburger buns with a mixed green salad.

Source: University of Kentucky, Cooperative Extension Service, Putting Your Crock Pot to Work

NOTES

Spicy Barbecued Chicken

Yield: 10 servings
Serving size: ½ breast or 2 small drumsticks

Nutrition Facts

Serving Size 1/2 breast or 2 small drumsticks (89g)
Servings Per Container 6

Amount Per Serving

Calories 140	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 80mg	**3%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 1g	**4%**
Sugars 4g	
Protein 20g	

Vitamin A 6% • Vitamin C 6%
Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

5 tbsp	tomato paste
1 tsp	ketchup
2 tsp	honey
1 tsp	molasses
1 tsp	Worcestershire sauce
4 tsp	white vinegar
¾ tsp	cayenne pepper
⅛ tsp	black pepper
¼ tsp	onion powder
2	garlic cloves (minced)
⅛ tsp	ginger (grated)
1½ pounds	chicken, skinless (breasts/drumsticks)

Instructions

1. Combine all ingredients except chicken in saucepan.
2. Simmer for 15 minutes.
3. Place chicken on platter and brush with half the sauce mixture
4. Cover with plastic wrap and refrigerate for 1 hour.
5. Place chicken on baking sheet lined with aluminum foil and broil for 10 minutes on each side to seal in juices.
6. Remove from broiler and add remaining sauce to chicken. Cover with aluminum foil and bake at 350 degrees for 30 minutes.

Source: US Department of Health and Human Services National Institutes of Health National Heart, Lung and Blood Institute, Heart Healthy Home Cooking: African American Style

NOTES

Turkey Meatloaf

Yield: 5 servings
Serving size: 1 Slice (3oz)

Nutrition Facts

Serving Size 1 slice (3 ounces) (129g)
Servings Per Container 5

Amount Per Serving

Calories 170	Calories from Fat 60
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 85mg	**28%**
Sodium 240mg	**10%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 1g	**4%**
Sugars 3g	
Protein 18g	

Vitamin A 6% • Vitamin C 6%
Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

1 pound	ground turkey breast (lean 7% fat)
½ cup	oats (regular, dry)
1	large egg
1 tbsp	onion (dehydrated, or one small onion, minced)
¼ cup	ketchup
2	celery stalks (chopped)
2	garlic cloves (minced)
½	green pepper (seeded and diced)

Instructions

1. Preheat oven to 350 degrees.
2. Combine all ingredients and mix well.
3. Bake in loaf pan for 25 minutes to an internal temperature of 165 degrees.
4. Cut into five slices and serve.

Source: US Department of Health and Human Services National Institutes of Health National Heart, Lung and Blood Institute, Delicious Heart-Healthy Latino Recipes/Platillos Latinos sabrosos y saludables

NOTES

Delicious Desserts

Breakfast Pumpkin Cookies

Yield: 48 servings
Serving size: 1 cookie

Nutrition Facts

Serving Size 1 cookie (31g)
Servings Per Container 48

Amount Per Serving

Calories 90 — Calories from Fat 35

	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 60mg	**3%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 1g	**4%**
Sugars 7g	
Protein 2g	

Vitamin A 10% • Vitamin C 0%
Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

1¾ cup	pumpkin (pureed, cooked)
1½ cup	brown sugar
2	eggs
½ cup	vegetable oil
1½ cup	flour
1¼ cup	whole wheat flour
1 tbsp	baking powder
2 tsp	cinnamon
1 tsp	nutmeg
½ tsp	salt
¼ tsp	ground ginger
1 cup	raisins
1 cup	walnuts (chopped)

Instructions

1. Preheat oven to 400 degrees.
2. Mix pumpkin, brown sugar, eggs, and oil thoroughly.
3. Blend dry ingredients and add to pumpkin mixture.
4. Add raisins and nuts.
5. Drop by teaspoonfuls on greased cookie sheet.
6. Bake 10 to 12 minutes until golden brown.

Source: Oregon State University Cooperative Extension Service, Healthy Recipes

NOTES

Blueberry Coffee Cake

Yield: 8 servings
Serving size: ⅛ of recipe

Nutrition Facts

Serving Size 1/8 of recipe (116g)
Servings Per Container

Amount Per Serving

Calories 250 Calories from Fat 60

	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 420mg	**18%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 2g	**8%**
Sugars 19g	
Protein 6g	

Vitamin A 2% • Vitamin C 6%
Calcium 20% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

1	egg
½ cup	nonfat milk
½ cup	yogurt, nonfat vanilla
3 tbsp	canola oil
2 tsp	lemon peel (grated, yellow only)
2 cups	flour
½ cup	sugar
4 tsp	baking powder
½ tsp	salt
1 ½ cup	fresh blueberries (or frozen)
3 tbsp	sugar
2 tbsp	walnuts (coarsely chopped)
¼ tsp	cinnamon

Instructions

1. Preheat oven to 400 degrees.
2. Whisk together the egg, milk, yogurt, oil and lemon peel.
3. Sift the flour, sugar, baking powder and salt into the liquid ingredients. Use a fork to stir lightly, until just combined.
4. Gently fold in the blueberries. Pour the batter into an 8- or 9-inch baking pan coated with nonstick spray.
5. Combine the topping ingredients sprinkle over the cake batter.
6. Bake for 30 to 35 min or until the top is lightly browned.

Source: California Department of Health Services, California's Chefs Cook Lean California Project LEAN

NOTES

Southern Banana Pudding

Yield: 10 servings
Serving size: ¾ cup

Nutrition Facts

Serving Size 3/4 Cup (146g)
Servings Per Container 10

Amount Per Serving

Calories 140	Calories from Fat 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 160mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 4g	

Vitamin A 4% • Vitamin C 4%
Calcium 10% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

3¾ cup	milk (fat-free)
2	instant vanilla pudding mix (small package, 4 serving sizes, fat free, sugar free)
32	vanilla wafers (reduced fat)
2	bananas (medium, sliced)
2 cups	frozen whipped topping (fat free, thawed)

Instructions

1. Mix 3½ cups of the milk with the pudding mixes. Beat the pudding mixture with a wire whisk for 2 minutes until it is well blended. Let stand for 5 minutes.
2. Fold 1 cup of the whipped topping into the pudding mix.
3. Arrange a layer of wafers on the bottom and sides of a 2-quart serving bowl.
4. Drizzle 2 tablespoons of the remaining milk over the wafers. Add a layer of banana slices and top with one-third of the pudding.
5. Repeat layers, drizzling wafer layer with remaining milk and ending with pudding. Spread the remaining whipped topping over the pudding.
6. Refrigerate for at least 3 hours before serving.

Source: US Department of Health and Human Services National Institutes of Health National Heart, Lung and Blood Institute, Heart Healthy Home Cooking: African American Style

NOTES

Sweet Potato Custard

Yield: 6 servings
Serving size: 1/2 cup

Nutrition Facts

Serving Size 1/2 cup (151g)
Servings Per Container 6

Amount Per Serving

Calories 170	Calories from Fat 15
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 70mg	**23%**
Sodium 260mg	**11%**
Total Carbohydrate 35g	**12%**
Dietary Fiber 3g	**12%**
Sugars 23g	
Protein 5g	

Vitamin A 180% • Vitamin C 20%
Calcium 15% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

1 cup	sweet potato (cooked, mashed)
½ cup	banana (mashed)
1 cup	evaporated milk (fat-free)
2 tbsp	brown sugar (packed)
2	egg yolks (beaten, or ⅓ cup egg substitute)
½ tsp	salt
1	cooking spray (non-stick)
¼ cup	raisins
1 tbsp	sugar
1 tsp	cinnamon (ground)
2 cups	sweet potatoes (mashed)
1	pie crust (9 inch, unbaked)

Instructions

1. In a medium bowl, stir together sweet potato and banana.
2. Add milk, blending well.
3. Add brown sugar, egg yolks, and salt, mixing thoroughly.
4. Spray a 1-quart casserole with non-stick cooking spray. Transfer sweet potato mixture to casserole dish.
5. Combine raisins, sugar, and cinnamon; sprinkle over top of sweet potato mixture.
6. Bake in pre-heated 325 degree oven for 40 to 45 minutes or until a knife inserted near center comes out clean.

Source: US Department of Health and Human Services

NOTES

Sweet Potato Pie

Yield: 8 servings
Serving size: 1 piece

Nutrition Facts

Serving Size 1 piece or 1/8 of recipe (173g)
Servings Per Container 8

Amount Per Serving

Calories 310	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 220mg	**9%**
Total Carbohydrate 54g	**18%**
Dietary Fiber 3g	**12%**
Sugars 36g	
Protein 5g	

Vitamin A 270% • Vitamin C 25%
Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than		65g	80g
Saturated Fat	Less Than		20g	25g
Cholesterol	Less Than		300mg	300 mg
Sodium	Less Than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

4	egg whites
¼ cup	orange juice (fresh)
1 tsp	cinnamon (ground)
¼ tsp	nutmeg (ground)
¾ cup	brown sugar
½ tsp	orange rind
¼ tsp	allspice (ground)
½ cup	skim milk
2 tbsp	unsalted margarine (melted)
1	pinch of salt
2 cups	sweet potatoes (mashed)
1	pie crust (9 inch, unbaked)

Instructions

1. Beat egg whites well.
2. Add sugar, orange juice, orange rind, spices, skim milk, margarine, and salt.
3. Add mashed sweet potatoes and mix thoroughly.
4. Pour into pie shell and bake in preheated 350 degree oven for 1 hour or until firm.

Source: Ohio Commission on Minority Health Opening the Door to Good Health Cookbook, Healthy Recipes from Around the World

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Erie County Department of Health
95 Franklin Street
Buffalo, NY 14202

University at Buffalo
The State University of New York

Dietetic Internship 2011 - 2012